

Tips for Surviving “Sick Days”

- Check the BG every 2-3 hours around the clock
- Check the ketones every few hours, even if previous tests were negative, and even if the BG is not high.
- If no vomiting, encourage sips of clear fluids
- If BG is > 180 mg/dL use sugar-free fluids such as water, crystal lite, diet soda, Propel® sports drink, or sugar-free fruit popsicles
- If BG is < 180 mg/dL use fluids with sugar in them such as Gatorade®, regular soda, regular juice or regular fruit popsicles
- If vomiting is present, wait at least one hour before giving fluids. Start fluids very slowly – 1 Tablespoon every 15 minutes for the first hour then a 3-4 Tablespoons every 15 minutes for the second hour and then sips throughout the day after that.
- DO NOT STOP insulin. We need to give some insulin, but not the usual dose. Call the diabetes team for assistance with doses if needed.
- Reasons to call the Diabetes team (no matter the time or date): Vomiting won't stop, child refuses to eat or drink, BG is running very low (<70 mg/dL) or very high (> 300 mg/dL), Ketones are Moderate or Large, or any combination of these
- If the BG is running very low and vomiting is present, you/your child may dip their finger into table sugar mixed with a little bit of cinnamon. Then suck the sugar off the finger – this sugar will be absorbed in the mouth and is unlikely to cause vomiting.
- You may also use Glucagon (the emergency kit) to help increase the blood sugar if your child is vomiting. Call the diabetes team for additional help with using the Glucagon in this situation. If the Glucagon is needed to keep the BG up, we will probably need to send you/your child to the Emergency Department for IV fluids with glucose in them